

# Trail Running Guide

## Hong Kong 2026

26 race distances across 13 events

Published by Hima Run — [hima-run.com/races/hk](https://hima-run.com/races/hk)

Generated: August 28, 2026

### At a Glance

Total race distances: 26

Upcoming: 26

ITRA-rated: 25

UTMB Index: 18

### Race Calendar

#### 4TUL

Kowloon

146 km | +5,016m | ITRA 5pt | UTMB Oct 3, 2026

66 km | +1,257m | ITRA 3pt | UTMB Oct 3, 2026

100 km | +2,612m | ITRA 4pt | UTMB Oct 3, 2026

#### Dark 45 Hong Kong

Kowloon, New Territories

16 km Oct 3, 2026

45 km | +2,800m | ITRA 2pt Oct 4, 2026

#### Lantau 2 Peaks

Tung Chung, Islands District

15 km | +710m | ITRA 0pt Oct 4, 2026

24 km | +1,646m | ITRA 1pt Oct 4, 2026

#### Maclehose Trail Warm-up Race

Kowloon

57 km | +3,600m | ITRA 3pt | UTMB Oct 10, 2026

#### Ultra Fish N Sheep

Kowloon

52 km | +3,247m | ITRA 3pt | UTMB Oct 17, 2026

75 km | +4,402m | ITRA 4pt | UTMB Oct 17, 2026

#### HK50 - Hong Kong Island

Hong Kong, Hong Kong Island

52 km | +1,369m | ITRA 2pt | UTMB Oct 17, 2026

25 km | +509m | ITRA 1pt | UTMB Oct 17, 2026

6.5 km | +280m | ITRA 0pt Oct 17, 2026

#### HK Wild 50

Tai Po, New Territories

73 km | +4,100m | ITRA 3pt | UTMB Oct 31, 2026

52 km | +2,943m | ITRA 3pt | UTMB Oct 31, 2026

#### Translantau by UTMB

Mui Wo, Islands District

104 km | +4,500m | ITRA 4pt | UTMB Nov 13, 2026

45 km | +2,500m | ITRA 2pt | UTMB Nov 14, 2026

27 km | +1,100m | ITRA 1pt | UTMB Nov 15, 2026

15 km | +500m | ITRA 0pt | UTMB Nov 15, 2026

**OTW**

Sai Kung, New Territories  
100 km | +4,750m | ITRA 4pt | UTMB    Nov 20, 2026

**Bupa Global Lantau 50**

Tung Chung, Islands District  
54 km | +3,022m | ITRA 3pt | UTMB    Jan 9, 2027  
27 km | +1,731m | ITRA 1pt | UTMB    Jan 9, 2027  
16 km | +842m | ITRA 0pt    Jan 9, 2027

**Hong Kong 100**

Sai Kung, New Territories  
100 km | +5,028m | ITRA 4pt    Jan 23, 2027

**Green Power Hike**

Sai Kung, New Territories  
50 km | +1,570m | ITRA 2pt | UTMB    Jan 30, 2027

**Hong Kong Four Trail Ultra Challenge**

Tuen Mun, New Territories  
298 km | +14,500m | ITRA 6pt    Feb 17, 2027

## About Hima Run

Hima Run is the most comprehensive trail running calendar for Southeast Asia and China. We cover 8 countries with hundreds of race listings, each verified against official race websites.

Every race listing includes distance, elevation, difficulty rating (KM-Effort), entry fees, registration status, ITRA points, and UTMB index information when available.

Browse the full calendar: [hima-run.com/races](https://hima-run.com/races)

Thailand calendar: [hima-run.com/races/th](https://hima-run.com/races/th)

Guides: [hima-run.com/guides](https://hima-run.com/guides)

This PDF is auto-generated from live race data on Hima Run. Race details are subject to change. Always verify with the official race website before registering.

© 2026 Hima Run. All rights reserved.